

SOME EXTENSIONS OF THE MARKOV INEQUALITY FOR POLYNOMIALS

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ABSTRACT. Let \mathbf{D} denote the unit disc of the complex plane and \mathcal{P}_n the class of polynomials of degree at most n with complex coefficients. We prove that

$$\max_{z \in \partial \mathbf{D}} \left| \frac{p_k(z) - p_k(\bar{z})}{z - \bar{z}} \right| \leq n^{1+k} \max_{0 \leq j \leq n} \left| \frac{p(e^{ij\pi/n}) + p(e^{-ij\pi/n})}{2} \right|,$$

where $p_0 := p$ belongs to \mathcal{P}_n and for $k \geq 0$, $p_{k+1}(z) := zp'_k(z)$. We also obtain a new proof of a well-known inequality of Duffin and Schaeffer and sharpenings of some other classical inequalities.

Introduction. Let \mathcal{P}_n be the class of polynomials

$$p(z) = \sum_{k=0}^n a_k(p)z^k$$

of degree at most n with complex coefficients. We define, together with $\mathbf{D} := \{z \mid |z| < 1\}$,

$$\|p\|_{\mathbf{D}} := \max_{z \in \partial \mathbf{D}} |p(z)| \quad \text{and} \quad \|p\|_{[-1,1]} := \max_{-1 \leq x \leq 1} |p(x)|.$$

The famous inequalities of, respectively, Bernstein and Markov state that for any $p \in \mathcal{P}_n$,

$$(1) \quad \|p'\|_{\mathbf{D}} \leq n\|p\|_{\mathbf{D}}$$

and

$$(2) \quad \|p'\|_{[-1,1]} \leq n^2\|p\|_{[-1,1]},$$

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while

$$(3) \quad \|p'\|_{[-1,1]} \leq n^2 \max_{0 \leq j \leq n} |p(\cos(j\pi/n))|$$

is a far reaching extension of (2) obtained by Duffin and Schaeffer [3] in 1941. We refer the reader to the recent book by Rahman and Schmeisser [4] or to the survey paper by Bojanov [1] for historical remarks and generalizations of these inequalities.

Let us consider a polynomial $p(z) := \sum_{k=0}^n a_k(p)z^k$ in \mathcal{P}_n and an associated polynomial $P(z) := \sum_{k=0}^n a_k(p)T_k(z)$ where T_k denotes, for each integer $k \geq 0$, the k th Chebyshev polynomial, i.e., $T_k(\cos \theta) = \cos(k\theta)$ for any real number θ . We have

$$P(\cos \theta) = \frac{p(e^{i\theta}) + p(e^{-i\theta})}{2}$$

and, applying (3) to P , we obtain the inequality

$$(4) \quad \left| \frac{e^{i\theta}p'(e^{i\theta}) - e^{-i\theta}p'(e^{-i\theta})}{e^{i\theta} - e^{-i\theta}} \right| \leq n^2 \max_{0 \leq k \leq n} \left| \frac{p(e^{ik\pi/n}) + p(e^{-ik\pi/n})}{2} \right|$$

valid for any real θ and equivalent to the Duffin and Schaeffer inequality.

Given a nonnegative number t and a polynomial $p(z) := \sum_{k=0}^n a_k(p)z^k \in \mathcal{P}_n$ we define

$$p_t(z) := \sum_{k=0}^n k^t a_k(p)z^k.$$

Clearly, $p_t \in \mathcal{P}_n$, $p_0 = p$ and $p_{t+1}(z) = zp'_t(z)$ for $t \geq 0$. Our main result is the following

Theorem 1. *For any integer $j \geq 0$ and polynomial $p \in \mathcal{P}_n$,*

$$(5) \quad \left| \frac{p_j(e^{i\theta}) - p_j(e^{-i\theta})}{e^{i\theta} - e^{-i\theta}} \right| \leq n^{1+j} \max_{0 \leq k \leq n} \left| \frac{p(e^{ik\pi/n}) + p(e^{-ik\pi/n})}{2} \right|$$

for all real θ .

Our proof of Theorem 1 is completely independent of the known proofs of (3). This Theorem 1 therefore contains (3) as a special case ($j = 1$, compare with (4)). It also follows easily from (5) that

$$(6) \quad |p'_{j-1}(e^{i\theta})| \leq n^j \max_{0 \leq k \leq n} \left| \frac{p(e^{i(\theta+k\pi/n)}) + p(e^{i(\theta-k\pi/n)})}{2} \right|, \quad \theta \text{ real,}$$

for all $p \in \mathcal{P}_n$ and integer $j \geq 1$. It is therefore also clear that our Theorem 1 contains an improvement of Bernstein's inequality (1).

Some lemmas. Using the notation

$$\sum_{j=0}^n a_j := \frac{a_0}{2} + \sum_{j=1}^{n-1} a_j + \frac{a_n}{2},$$

our auxiliary results are as follows:

Lemma 1. For any real φ , $n \geq 2$ and $z \in \mathbf{D}$

$$\frac{z}{(1 - ze^{i\varphi})(1 - ze^{-i\varphi})} = \sum_{j=0}^n \frac{c_n(j, \varphi)}{2} \left(\frac{1}{1 - ze^{ij\pi/n}} + \frac{1}{1 - ze^{-ij\pi/n}} \right) - \frac{2(z^n - \cos(n\varphi))z^{n+1}}{(1 - ze^{i\varphi})(1 - ze^{-i\varphi})(1 - z^{2n})},$$

where

$$c_n(j, \varphi) = \frac{(-1)^j}{n} \frac{\cos(j\pi) - \cos(n\varphi)}{\cos(j\pi/n) - \cos(\varphi)}$$

and

$$\sum_{j=0}^n |c_n(j, \varphi)| \leq n.$$

Lemma 2. For any real φ , $n \geq 2$ and $z \in \mathbf{D}$,

$$\frac{2(1 - z \cos \varphi)}{(1 - ze^{i\varphi})(1 - ze^{-i\varphi})} = \sum_{j=0}^n \frac{d_n(j, \varphi)}{2} \left(\frac{1}{1 - ze^{ij\pi/n}} + \frac{1}{1 - ze^{-ij\pi/n}} \right) + \frac{2z^{n+1}(\cos(n+1)\varphi - \cos(n-1)\varphi)}{(1 - ze^{i\varphi})(1 - ze^{-i\varphi})(1 - z^{2n})},$$

where

$$d_n(j, \varphi) = \frac{(-1)^{j-1}}{n} \frac{\cos(n+1)\varphi - \cos(n-1)\varphi}{\cos(j\pi/n) - \cos(\varphi)}$$

and

$$\sum_{j=0}^n{}'' |d_n(j, \varphi)| \leq 2 \left| \frac{n \sin \varphi}{\sin(n\varphi)} \right|.$$

We only prove Lemma 2 in details. Let us fix $\varphi \in \mathbf{R}$ and consider

$$L_\varphi(z) := \frac{(1 - z \cos \varphi)(1 - z^{2n}) - z^{n+1}(\cos(n+1)\varphi - \cos(n-1)\varphi)}{(1 - ze^{i\varphi})(1 - ze^{-i\varphi})}$$

together with

$$R_\varphi(z) := \frac{1}{4n} \sum_{j=-n+1}^n (-1)^{j-1} \frac{\cos(n+1)\varphi - \cos(n-1)\varphi}{\cos(j\pi/n) - \cos(\varphi)} \frac{1 - z^{2n}}{1 - ze^{ij\pi/n}}.$$

It is readily seen that L_φ and R_φ are polynomials in \mathcal{P}_{2n-1} . A simple computation gives

$$R_\varphi(e^{-ij\pi/n}) = L_\varphi(e^{-ij\pi/n}) = (-1)^j \frac{\sin(n\varphi) \sin(\varphi)}{\cos(j\pi/n) - \cos(\varphi)}$$

at the $2n$ distinct points $e^{-ij\pi/n}$, $j = -n+1, \dots, n$. Clearly then the polynomials L_φ and R_φ must coincide on the whole complex plane and the identity of Lemma 2 follows. We further have with $Z = e^{i\varphi}$

$$\begin{aligned} & \sum_{j=0}^n{}'' \frac{1}{|\cos j\pi/n - \cos \varphi|} \\ &= \sum_{j=0}^n{}'' \frac{2}{|1 - Ze^{ij\pi/n}| |1 - Ze^{-ij\pi/n}|} \\ &= \frac{1}{|1 - Z|^2} + \sum_{j=1}^{n-1} \frac{2}{|1 - Ze^{ij\pi/n}| |1 - Ze^{-ij\pi/n}|} + \frac{1}{|1 + Z|^2} \\ &\leq \frac{1}{|1 - Z|^2} + \sum_{j=1}^{n-1} \frac{1}{|1 - Ze^{ij\pi/n}|^2} + \frac{1}{|1 - Ze^{-ij\pi/n}|^2} + \frac{1}{|1 + Z|^2} \end{aligned}$$

$$= \sum_{j=0}^{2n-1} \frac{1}{|1 - w_j Z|^2} = \sum_{j=0}^{2n-1} \frac{-w_j Z}{(1 - w_j Z)^2} = \frac{n^2}{\sin^2(n\varphi)}$$

where $\{w_j\}_{j=0}^{2n-1}$ is the set of distinct $2n$ th roots of unity. It follows that

$$\sum_{j=0}^n |d_n(j, \varphi)| = \sum_{j=0}^n \frac{2|\sin(n\varphi)||\sin(\varphi)|}{n|\cos(j\pi/n) - \cos(\varphi)|} \leq \frac{2n|\sin \varphi|}{|\sin n\varphi|}.$$

This completes the proof of Lemma 2. \square

A similar proof holds for Lemma 1. It is based on the fact that the polynomials (in \mathcal{P}_{2n-1})

$$\ell_\varphi(z) := z \frac{1 - e^{in\varphi} z^n}{1 - e^{i\varphi} z} \frac{1 - e^{-in\varphi} z^n}{1 - e^{-i\varphi} z}$$

and

$$r_\varphi(z) := \frac{1}{2n} \sum_{j=-n+1}^n (-1)^j \frac{\cos(j\pi) - \cos(n\varphi)}{\cos(j\pi/n) - \cos(\varphi)} \frac{1 - z^{2n}}{1 - e^{ij\pi/n} z}$$

also satisfy $r_\varphi(e^{-ij\pi/n}) = \ell_\varphi(e^{-ij\pi/n})$, $j = -n+1, \dots, n$. A proof that

$$\sum_{j=0}^n |c_n(j, \varphi)| \leq n$$

can be found in [2]. \square

We end this section by an application of Lemma 2.

Corollary 1. *Let $p \in \mathcal{P}_n$ and $\varphi \in \mathbf{R}$. Then*

$$\begin{aligned} & |p(e^{i\varphi}) + p(e^{-i\varphi})| \\ & \leq \begin{cases} n \left| \frac{\sin(\varphi)}{\sin(n\varphi)} \right| \max_{0 \leq j \leq n} |p(e^{ij\pi/n}) + p(e^{-ij\pi/n})| & \text{if } e^{2in\varphi} \neq 1, \\ \max_{0 \leq j \leq n} |p(e^{ij\pi/n}) + p(e^{-ij\pi/n})| & \text{if } e^{2in\varphi} = 1. \end{cases} \end{aligned}$$

We first define the Hadamard product of two analytic functions $f(z) := \sum_{n=0}^{\infty} a_n(f)z^n$ and $g(z) := \sum_{n=0}^{\infty} a_n(g)z^n$ by

$$f \star g(z) := \sum_{n=0}^{\infty} a_n(f)a_n(g)z^n.$$

Then for any $p \in \mathcal{P}_n$ and $\varphi \in \mathbf{R}$, we obtain from Lemma 2,

$$\begin{aligned} p(ze^{i\varphi}) + p(ze^{-i\varphi}) &= \left(\frac{1}{1 - ze^{i\varphi}} + \frac{1}{1 - ze^{-i\varphi}} \right) \star p(z) \\ (7) \qquad \qquad \qquad &= \frac{2(1 - z \cos(\varphi))}{(1 - ze^{i\varphi})(1 - ze^{-i\varphi})} \star p(z) \\ &= \sum_{j=0}^n{}'' d_n(j, \varphi) \frac{p(ze^{ij\pi/n}) + p(ze^{-ij\pi/n})}{2}. \end{aligned}$$

Therefore,

$$\begin{aligned} |p(e^{i\varphi}) + p(e^{-i\varphi})| &\leq \frac{1}{2} \sum_{j=0}^n{}'' |d_n(j, \varphi)| |p(e^{ij\pi/n}) + p(e^{-ij\pi/n})| \\ &\leq \left| \frac{n \sin(\varphi)}{\sin(n\varphi)} \right| \max_{0 \leq j \leq n} |p(e^{ij\pi/n}) + p(e^{-ij\pi/n})|, \end{aligned}$$

and the result follows. It can also be checked that the above inequality is strict when $p \in \mathcal{P}_n$, $n \geq 2$, $p \neq 0$, $e^{i\varphi} \notin \{w_j\}_{j=0}^{2n-1}$.

Proof of Theorem 1. Let $q \in \mathcal{P}_n$ and $\varphi \in [0, \pi]$. By Lemma 1, we have

$$\begin{aligned} \frac{q(ze^{i\varphi}) - q(ze^{-i\varphi})}{e^{i\varphi} - e^{-i\varphi}} &= \frac{z}{(1 - ze^{i\varphi})(1 - ze^{-i\varphi})} \star q(z) \\ &= \sum_{j=0}^n{}'' \frac{c_n(j, \varphi)}{2} (q(ze^{ij\pi/n}) + q(ze^{-ij\pi/n})) \end{aligned}$$

and in particular for $z = 1$,

$$(8) \qquad \frac{q(e^{i\varphi}) - q(e^{-i\varphi})}{e^{i\varphi} - e^{-i\varphi}} = \sum_{j=0}^n{}'' c_n(j, \varphi) \frac{q(e^{ij\pi/n}) + q(e^{-ij\pi/n})}{2}.$$

Letting now $\varphi = 0$ in (8) we obtain

$$q'(1) = \sum_{j=0}^n c_n(j, 0) \frac{q(e^{ij\pi/n}) + q(e^{-ij\pi/n})}{2}.$$

and more generally

$$(9) \quad e^{i\varphi} q'(e^{i\varphi}) = \sum_{j=0}^n c_n(j, 0) \frac{q(e^{i(\varphi+j\pi/n)}) + q(e^{i(\varphi-j\pi/n)})}{2}.$$

We shall prove the following statement by induction on $k \geq 0$: there exist real numbers $\alpha_{j,k}(\theta)$, $j = 0, 1, \dots, n$, such that for any $p \in \mathcal{P}_n$ and $n \geq 1$,

$$(10) \quad \frac{p_k(e^{i\theta}) - p_k(e^{-i\theta})}{e^{i\theta} - e^{-i\theta}} = \sum_{j=0}^n \alpha_{j,k}(\theta) \frac{p(e^{ij\pi/n}) + p(e^{-ij\pi/n})}{2}, \quad \theta \in \mathbf{R}$$

and $\sum_{j=0}^n |\alpha_{j,k}(\theta)| \leq n^{1+k}$, $\theta \in \mathbf{R}$. The truth of Theorem 1 is clearly a consequence of (10). A proof of (10) for $k = 0, 1$ has been given in [2]; clearly such a proof also follows from (8) and Lemma 1. Let us now assume that (10) is valid for a certain integer k and any polynomial $q \in \mathcal{P}_n$. By (9), we obtain

$$(11) \quad e^{\pm i\theta} p'_k(e^{\pm i\theta}) = \sum_{j=0}^n c_n(j, 0) \frac{p_k(e^{i(\pm\theta+j\pi/n)}) + p_k(e^{i(\pm\theta-j\pi/n)})}{2}.$$

Now, since

$$\frac{p_{k+1}(e^{i\theta}) - p_{k+1}(e^{-i\theta})}{e^{i\theta} - e^{-i\theta}} = \frac{e^{i\theta} p'_k(e^{i\theta}) - e^{-i\theta} p'_k(e^{-i\theta})}{e^{i\theta} - e^{-i\theta}},$$

it follows from (11) that

$$\begin{aligned} & \frac{p_{k+1}(e^{i\theta}) - p_{k+1}(e^{-i\theta})}{e^{i\theta} - e^{-i\theta}} \\ &= \sum_{j=0}^n c_n(j, 0) \frac{p_k(e^{ij\pi/n} e^{i\theta}) - p_k(e^{ij\pi/n} e^{-i\theta})}{2(e^{i\theta} - e^{-i\theta})} \\ & \quad + \sum_{j=0}^n c_n(j, 0) \frac{p_k(e^{-ij\pi/n} e^{i\theta}) - p_k(e^{-ij\pi/n} e^{-i\theta})}{2(e^{i\theta} - e^{-i\theta})}. \end{aligned}$$

Applying the induction hypothesis, we get

$$\begin{aligned} & \frac{p_k(e^{\pm ij\pi/n} e^{i\theta}) - p_k(e^{\pm ij\pi/n} e^{-i\theta})}{e^{i\theta} - e^{-i\theta}} \\ &= \sum_{\ell=0}^n \alpha_{\ell,k}(\theta) \frac{p(e^{i(\pm j\pi/n + \ell\pi/n)}) + p(e^{i(\pm j\pi/n - \ell\pi/n)})}{2} \end{aligned}$$

with $\sum_{\ell=0}^n |\alpha_{\ell,k}(\theta)| \leq n^{1+k}$. Finally, we have

$$\begin{aligned} & \frac{p_{k+1}(e^{i\theta}) - p_{k+1}(e^{-i\theta})}{e^{i\theta} - e^{-i\theta}} \\ &= \frac{1}{2} \sum_{j=0}^n{}'' c_n(j, 0) \sum_{\ell=0}^n \alpha_{\ell,k}(\theta) \frac{p(e^{i(j+\ell)\pi/n}) + p(e^{-i(j+\ell)\pi/n})}{2} \\ & \quad + \frac{1}{2} \sum_{j=0}^n{}'' c_n(j, 0) \sum_{\ell=0}^n \alpha_{\ell,k}(\theta) \frac{p(e^{i(j-\ell)\pi/n}) + p(e^{-i(j-\ell)\pi/n})}{2}. \end{aligned}$$

Clearly, the right-hand side of the above is a sum of the type

$$\sum_{j=0}^n \alpha_{j,k+1}(\theta) \frac{p(e^{ij\pi/n}) + p(e^{-ij\pi/n})}{2}, \quad \alpha_{j,k+1}(\theta) \text{ real,}$$

and obviously, since

$$\sum_{j=0}^n |a_{j,k+1}(\theta)| \leq \sum_{j=0}^n{}'' |c_n(j, 0)| \sum_{\ell=0}^n |\alpha_{\ell,k}(\theta)| \leq n \cdot n^{k+1} = n^{k+2},$$

the final result follows. \square

We shall end this section with some remarks concerning the sharpness of Theorem 1. Let us first point out that the inequality (5) becomes an equality for certain choices of polynomials p ; indeed

$$\left| \frac{p_j(e^{i\theta}) - p_j(e^{-i\theta})}{e^{i\theta} - e^{-i\theta}} \right| = n^{1+j} \max_{0 \leq k \leq n} \left| \frac{p(e^{ik\pi/n}) + p(e^{-ik\pi/n})}{2} \right|$$

for any $j = 0, 1, 2, \dots$, $\theta = 0$ or $\theta = \pi$ and $p(z) \equiv Kz^n$ for some complex constant K . As shown in [2], there are no other cases of

equality if $j = 1$ but there are many other cases of equality if $j = 0$. To discuss the cases of equality for $j > 1$ seems to be beyond the scope of our method. It is not, however, difficult to establish that (compare with (10)) for $k = 0, 1, 2, \dots$,

$$\sum_{j=0}^n |\alpha_{j,k}(\theta)| = n^{1+k} \iff \theta = 0 \quad \text{or} \quad \theta = \pi$$

i.e., the inequality (5) is always strict if $\theta \neq 0, \pi$ and the polynomial p does not vanish identically. We also remark that the statement

$$\left| \frac{p_j(z) - p_j(\bar{z})}{z - \bar{z}} \right| \leq n \left| \frac{p_{j-1}(z) - p_{j-1}(\bar{z})}{z - \bar{z}} \right|, \quad z \in \partial\mathbf{D}, \quad j \geq 1, \quad p \in \mathcal{P}_n,$$

can be seen numerically to be false and therefore cannot yield a simpler inductive proof of Theorem 1.

Let us notice that the definition of $p_j(z) := \sum_{k=0}^\infty k^j a_k(p) z^k$ extends to positive but not necessarily integer values of j and it is therefore a legitimate (but apparently hard) question to ask whether or not Theorem 1 holds for these values of j . In this context, let us mention that the slightly weaker inequality

$$|p_t|_{\mathbf{D}} \leq n^t |p|_{\mathbf{D}}, \quad p \in \mathcal{P}_n$$

holds for all real $t \geq 1$ but does not hold in general for $0 < t < 1$. This unpublished result is due to Mohopatra, Qazi, and Rahman [4, Section 14.5].

Concluding remarks. It is possible to apply the identity of Lemma 1 to Hadamard products of polynomials of degree greater than n . For example, for $p \in \mathcal{P}_{n+1}$, we have

$$(12) \quad \frac{p(e^{i\varphi}) - p(e^{-i\varphi})}{e^{i\varphi} - e^{-i\varphi}} = \sum_{j=0}^n c_n(j, \varphi) \frac{p(e^{ij\pi/n}) + p(e^{-ij\pi/n})}{2} + 2a_{n+1}(p) \cos(n\varphi)$$

and (9) gets transformed into

$$(13) \quad e^{i\varphi} p'(e^{i\varphi}) = \sum_{j=0}^n c_n(j, 0) \frac{p(e^{i(\varphi+j\pi/n)}) + p(e^{i(\varphi-j\pi/n)})}{2} + 2a_{n+1}(p) e^{i(n+1)\varphi}.$$

Therefore,

$$\begin{aligned} \frac{e^{i\varphi}p'(e^{i\varphi}) - e^{-i\varphi}p'(e^{-i\varphi})}{e^{i\varphi} - e^{-i\varphi}} &= \frac{1}{2} \sum_{j=0}^n c_n(j, 0) \\ &\times \left(\frac{p(e^{ij\pi/n}e^{i\varphi}) - p(e^{ij\pi/n}e^{-i\varphi})}{e^{i\varphi} - e^{-i\varphi}} + \frac{p(e^{-ij\pi/n}e^{i\varphi}) - p(e^{-ij\pi/n}e^{-i\varphi})}{e^{i\varphi} - e^{-i\varphi}} \right) \\ &\quad + 2a_{n+1}(p) \frac{\sin(n+1)\varphi}{\sin(\varphi)} \end{aligned}$$

and applying (12) to the polynomials $p(e^{\pm ij\pi/n}z)$,

$$\begin{aligned} &\frac{e^{i\varphi}p'(e^{i\varphi}) - e^{-i\varphi}p'(e^{-i\varphi})}{e^{i\varphi} - e^{-i\varphi}} \\ &= \frac{1}{2} \sum_{j,\ell=0}^n c_n(j, 0)c_n(\ell, \varphi) \left(\frac{p(e^{i(j+\ell)\pi/n}) + p(e^{-i(j+\ell)\pi/n})}{2} \right. \\ &\quad \left. + \frac{p(e^{i(j-\ell)\pi/n}) + p(e^{-i(j-\ell)\pi/n})}{2} \right) \\ &\quad + 2a_{n+1}(p) \cos(n\varphi) \sum_{j=0}^n c_n(j, 0)(-1)^j \cos(j\pi/n) + 2a_{n+1}(p) \frac{\sin(n+1)\varphi}{\sin(\varphi)}. \end{aligned}$$

We now use (13) with $\varphi = 0$ and $p(z) \equiv z^{n+1}$ and get

$$(n - 1) = \sum_{j=0}^n c_n(j, 0)(-1)^j \cos(j\pi/n)$$

and finally, as in the proof of Theorem 1,

$$\begin{aligned} &\left| \frac{e^{i\varphi}p'(e^{i\varphi}) - e^{-i\varphi}p'(e^{-i\varphi})}{e^{i\varphi} - e^{-i\varphi}} - 2a_{n+1}(p) \left(\frac{\sin(n+1)\varphi}{\sin(\varphi)} + (n-1) \cos(n\varphi) \right) \right| \\ &\leq n^2 \max_{0 \leq j \leq n} \left| \frac{p(e^{ij\pi/n}) + p(e^{-ij\pi/n})}{2} \right|. \end{aligned}$$

Some more of our results can be similarly generalized. For example we have, given $p \in \mathcal{P}_{n+1}$, $\varphi \in [0, \pi]$,

$$\begin{aligned} &\left| \frac{p(e^{i\varphi}) - p(e^{-i\varphi})}{e^{i\varphi} - e^{-i\varphi}} - 2a_{n+1}(p) \cos(n\varphi) \right| \\ &\leq n \max_{0 \leq j \leq n} \left| \frac{p(e^{ij\pi/n}) + p(e^{-ij\pi/n})}{2} \right|. \end{aligned}$$

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